

Safe Sleep Tips for Nurseries in Houses of Worship

Always use the ABCs of Safe Sleep, even when babies are taking short naps while they are in the nursery.



Alone – Make sure babies have their own sleep surface; no sharing cribs or playpens (if playpens are allowed in your church nursery).

Back – Always lay babies on their backs for naps. If they can roll over by themselves, they will roll to a comfortable position and you can leave them there.

Crib – Babies are safest when they sleep in a crib, on a flat, non-inclined mattress. Babies are not safe sleeping in swings, bouncy chairs, in car seats, or propped up on pillows of any kind. An incline of 10 degrees or more puts babies at risk of positional asphyxiation (cutting off their airway due to the position of their heads).

Avoid having loose blankets, pillows of any kind, or stuffed animals in the crib as they are suffocation hazards.

Babies should only sleep in a crib or playpen (if allowed) with a flat, non-inclined mattress. Swings, bouncy seats, car seats, and other kinds of equipment are not safe for sleep. Do not prop babies on boppy pillows or other items.

Cribs and playpens (if allowed) should be certified by the Consumer Product Safety Commission (www.cpsc.gov).

Pacifiers can help babies sleep – just be sure to detach them from any pacifier clip before you lay the babies in their cribs.



It is not safe for babies to sleep with or in these items.



Pacifier clips



Stuffed animals
(loose or that attach to pacifiers)



Boppy pillows



Bouncy seats



Swings

Let babies sleep in their clothes or ask families to bring a non-restrictive sleep sack from home.

Remove any clothing with hoods or drawstrings. Keep cribs away from windows with curtains and/or blinds with strings.

If you are worried about babies being cold, heat the room, not the baby. Babies who are bundled up are at risk of overheating, which increases their risk of dying from Sudden Infant Death Syndrome (SIDS).

Dim the lights if you can while babies are sleeping, but make sure you can see their faces and can watch their chests rising as they sleep. Check on sleeping babies every 15 minutes to monitor their breathing.



If you have questions about using safe sleep practices in your nursery, contact the South Carolina Program for Infant/Toddler Care (www.scpitc.org) for free guidance and support.